



Weathering the Storm in Agriculture: *How to Cultivate a Productive Mindset Workshop*

This workshop is specific to farmers, ranchers, and their families. Families are encouraged to attend together.

When & Where:

April 15, 2019

- Aberdeen
- Sioux Falls
- Pierre
- Rapid City

May 23, 2019

- Lemmon
- Winner
- Watertown
- Mitchell

Cost: Free

Time: 5:30-7pm MT/
6:30-8pm CT

**Evening Meal & Youth
Programming Provided**

Registration:
extension.sdstate.edu/events

Purpose

Numerous factors may cause stress for farmers. This workshop is designed to help farmers and their families understand the signs and symptoms of chronic stress, and how to handle stress for a more productive mindset on the farm.

An evening meal will be provided for workshop participants. SDSU Extension 4-H team members will provide youth programming at each site.

Objectives

- Identify stress signs and symptoms.
- Practice three everyday strategies for managing stress.
- Make an action plan for managing stress.
- Find out where to go for more help and resources.
- Be provided with brief market and climate forecasts to be better prepared, informed, and ready to take action.

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